

African American Community Health



African American communities see diseases like cancer, diabetes, and heart disease affecting their friends and families every day. Free online resources from the National Library of Medicine and other reliable sources are available to help. This two hour class will provide participants with some basic health information resources as well as information specific to the African American community. The class is available hands-on or as an interactive presentation.

Objectives

By the end of the session you will be able to:

- Navigate MedlinePlus to find basic and African American health information
- Find information on important African American women doctors
- Read about genetic conditions affecting African Americans
- Search for household product ingredients
- Identify other reliable health information resources

Agenda

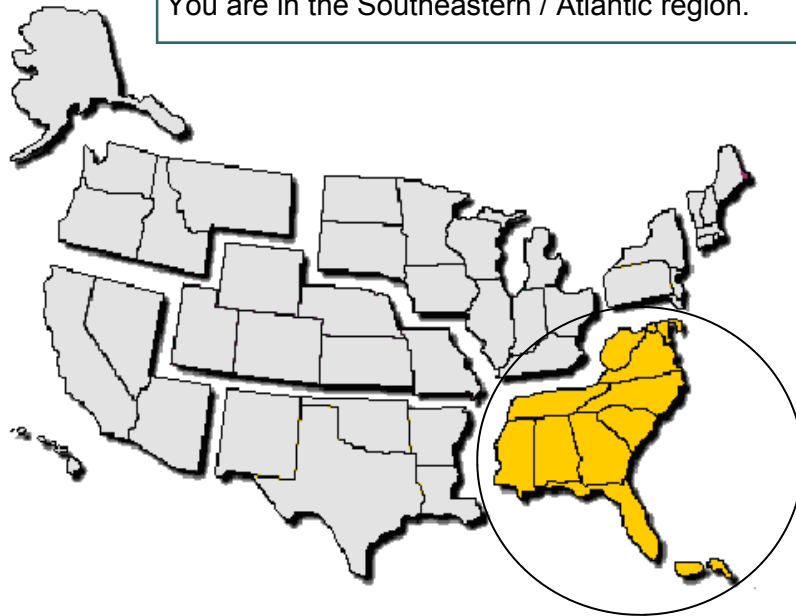
20	Introductions & NN/LM
50	MedlinePlus and African American Health
15	Changing the Face of Medicine
15	Other NLM websites
15	Other reliable health info sites
5	Wrap up

Note: Times of each section vary depending on the audience.

Who is NN/LM?



The National Network of Libraries of Medicine is working to improve health information access for communities like yours. You are in the Southeastern / Atlantic region.



What does NN/LM's free membership offer you?

Your organization must become a member of the network to get its benefits. It's free and easy at:
<http://nnlm.gov/sea/membership/membform.html>

Training

Get free training like today's class.
For a list of classes offered see our website:
<http://nnlm.gov/sea/aboutus/classes.html>

Funding

Your organization can get funding to do projects to promote health information in your community.

Giveaways

Your organization can get free giveaways such as MedlinePlus bookmarks to give to community members.

For more details on any NN/LM SE/A service, check out the website at:
<http://nnlm.gov/sea>





Or call 800-338-7637

MedlinePlus



MedlinePlus®
Trusted Health Information for You

medlineplus.gov

-  Reliable and up to date
-  Updated daily
-  No advertising
-  MedlinePlus does not endorse any company or product

▶ **Health Topics**

Start here with over 650 topics on conditions, diseases and wellness

▶ **Drug Information**

About your prescription and over-the-counter medicines

▶ **Medical Encyclopedia**

Includes pictures and diagrams

▶ **Dictionary**

Spellings and definitions of medical words

▶ **News**

Health News from the past 30 days

▶ **Directories**

Find doctors, dentists and hospitals

▶ **Other Resources**

Local libraries, health organizations, international sites and more

**Special
African American
Health Topic**

Health Topic

African American Health

has a long list of
consumer and professional resources.

<http://www.nlm.nih.gov/medlineplus/africanamericanhealth.html>

Interactive Health Tutorials

Learn from over 165 slideshows with sound and pictures




Easy-to-Read


Health information in plain language




Especially for low vision users




 **ClinicalTrials.gov** lets you search for clinical trials in your area or on a condition you are concerned about


 **NIH SeniorHealth** is especially designed for Seniors including features like

 Enlarge Text

 High Contrast

 Turn Speech On/Off

 Health Topics specific to Senior needs

 Add MedlinePlus to your website so that your group has easy access

ClinicalTrials.gov

Studies for new drugs and treatments



NIH SeniorHealth

Health information for older adults



► What's new on MedlinePlus?

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[español](#)

 Check out **About MedlinePlus** for more info on NLM

 Click on **Contact Us** to ask a question or make a suggestion

 Available in **Spanish**, too.

Changing the Face of Medicine



- Changing the Face of Medicine
- <http://www.nlm.nih.gov/changingthefaceofmedicine/>
- **Exhibit** at the National Library of Medicine
- Showcasing **women doctors** who have made impacts in their fields
- **Searchable** by ethnicity
- Click on *search* under Physicians
- Scroll down to *Ethnicity*
- Click on *Black not Hispanic*
- Click the blue *Search* button
- Includes **photos, biographies**, and other information
- Some have **video** or **audio**
- Lesson Plans for Teachers also available

60
African American
women featured



I was the first African American woman licensed to practice medicine in South Carolina. I did well, and had a very large practice among all classes of people... I had unlimited success... When I returned to my native state, others were inspired and went to our beloved college to take degrees.

Dr. Matilda Arabella Evans
(1872 - 1935)

By the time I reached the seventh grade, I knew that I wanted to become a doctor. It never occurred to me that I would be entering the field of medicine as an African American or as a woman—it was simply what I wanted to do with my life.



Dr. Joan Y. Reede
(b. 1953)

I was able to impact all of the medical and surgical services by introducing a “Philosophy of Caring” for the patients which emphasized focusing on competence and compassion in the delivery of medical care.

Dr. Agnes D. Lattimer
(b. 1928)



I am the first woman physician in the history of the U.S. Congress. I think it's really important for young people of color to see people of their own racial or ethnic background in positions like mine — not only on the political front, but also as a health care provider — so that they will know that: yes, it's possible for them.



Dr. Donna M. Christian—Christensen
(b. 1945)

Other NLM Websites



Genetics Home Reference

Your Guide to Understanding Genetic Conditions


Genetics Home Reference

<http://ghr.nlm.nih.gov/>

GHR is the National Library of Medicine's web site for consumer information about genetic conditions and the genes or chromosomes responsible for those conditions.

 Find out more about Sickle Cell Anemia here

 Enter *sickle cell anemia* in the search box

 The disease occurs in approximately 1 in 500 African-American newborns

 Also great for students and teachers!



Household Products

<http://hpd.nlm.nih.gov/>

What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room? Learn more about what's in these products, about potential health effects, and about safety and handling.



ToxTown

<http://toxtown.nlm.nih.gov/>

An introduction to toxic chemicals and environmental health risks you might encounter in everyday life, in everyday places.

AIDS Info

<http://www.aidsinfo.nih.gov/>

Information and resources on AIDS and HIV such as Guidelines, Drugs, Vaccines, Clinical Trials, Brochures, and Fact Sheets.



Health Hotlines

<http://healthhotlines.nlm.nih.gov/>

Online database of health-related organizations operating toll-free telephone services. Some of the subject areas included in Health Hotlines are AIDS, cancer, maternal and child health, aging, substance abuse, disabilities, and mental health.

Other African American Health Sites



Resources



African American Health

<http://nnlm.gov/mcr/resources/community/aahealth.html>



From the NN/LM's MidContinental Region comes this page of African American health information resources including information on diabetes, heart disease, cancer, Alzheimer's, and other health topics specifically for African Americans.

Bringing Health Information to the Community (BHIC)

<http://medstat.med.utah.edu/blogs/BHIC/>



A listing by date of current health information for underrepresented groups like African Americans. This site contains grant information, events and other happenings, free programs, websites, and much more.



The site is maintained by Siobhan Champ-Blackwell, Community Outreach Liaison MidContinental Region, National Network of Libraries of Medicine



National Diabetes Education Program

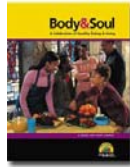
<http://ndep.nih.gov/diabetes/prev/prevention.htm>



Learn more about your risk for developing type 2 diabetes and the small steps you can take to delay or prevent the disease and live a long, healthy life.



If you're African American and overweight, you have a high risk of getting diabetes. But the good news is that there are more than 50 ways to prevent diabetes. Less on your plate, Nate. Dance it away, Faye. Put these tips to work for you.



Eat 5 to 9 a Day from the National Cancer Institute

<http://5aday.gov/9aday/blackmenshealth/index.html>

They're counting on you. Be there. Your family and friends are counting on you to be around for a long time. Black men are at high risk for many serious and potentially fatal diseases including many cancers, high blood pressure, diabetes, and heart disease. Black men are also more likely to die or suffer health problems from these diseases than other men. Eating plenty of fruits and vegetables as part of a healthy diet can help protect you against many of these diseases.

<http://www.5aday.gov/bodyandsoul/index.html>





Body & Soul: A Celebration of Healthy Eating and Living is a wellness program developed for African American churches. The program empowers church members to eat 5 to 9 servings of fruits and vegetables every day for better health.



Minority Women's Health

Health Problems in African American Women

<http://www.4woman.gov/minority/africanamerician.htm>

-  Covers health problems specifically for African American Women
-  Information, publications, and organizations on subjects like...
 -  Breast Cancer, Heart Disease, Pregnancy issues
 -  Lupus, HIV/AIDS, Sickle Cell Anemia, and more



NAACP Health Division

http://www.naacp.org/departments/health/health_index.html

The fight for equity and quality extends to health care for African Americans.

-  Includes a Fact Sheet, Health Materials, Resource Guides, and more.

Notes

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